

FEELINGS THERMOMETER

How do you feel?



ANGRY, FURIOUS, EXPLOSIVE

▶ Yelling, Stomping, Meltdown



FRUSTRATED, ANNOYED, IRRITABLE

▶ Arguing, Refusing, Shutting down



ANXIOUS, WORRIED, UNSETTLED

▶ Pacing, Avoiding, Clingy



SAD, NEGATIVE, LONELY

▶ Crying, Withdrawn, Slowed/Disengaged



HAPPY, CALM, CONTENT

▶ Smiling, Laughing, Engaged

What can you do about it?

- Vigorous physical exercise
- Breathe deep breaths
- Take a warm shower or bath

- Meditate/pray
- Listen to favorite music
- Take a fast-paced walk

- Talk to a family member/friend
- Pay attention to each of your 5 senses
- Focus on what you *can* control

- Set a positive goal for the day
- Call a friend or relative
- Journal about your feelings

- Help someone else
- Notice and enjoy your positive mood
- Engage in an enjoyable activity

